

**Full Report (All Nutrients) 93600, Turtle, green, raw**

**Report Date: May 20, 2017 14:40 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
<b>Proximates</b>					
Water	g	78.50	--	--	66.72
Energy	kcal	89	--	--	76
Energy	kJ	372	--	--	316
Protein	g	19.80	--	--	16.83
Total lipid (fat)	g	0.50	--	--	0.42
Ash	g	1.20	--	--	1.02
Carbohydrate, by difference	g	0.00	--	--	0.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	118	--	--	100
Iron, Fe	mg	1.40	--	--	1.19
Magnesium, Mg	mg	20	--	--	17
Phosphorus, P	mg	180	--	--	153
Potassium, K	mg	230	--	--	196
Sodium, Na	mg	68	--	--	58
Zinc, Zn	mg	1.00	--	--	0.85
Copper, Cu	mg	0.250	--	--	0.212
Selenium, Se	µg	16.8	--	--	14.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.120	--	--	0.102
Riboflavin	mg	0.150	--	--	0.128

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Niacin	mg	1.100	--	--	0.935
Vitamin B-6	mg	0.120	--	--	0.102
Folate, total	µg	15	--	--	13
Folic acid	µg	0	--	--	0
Folate, food	µg	15	--	--	13
Folate, DFE	µg	15	--	--	13
Choline, total	mg	65.0	--	--	55.2
Vitamin B-12	µg	1.00	--	--	0.85
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	30	--	--	26
Retinol	µg	30	--	--	26
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	100	--	--	85
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.50	--	--	0.42
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.127	--	--	0.108
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.002	--	--	0.002
16:0	g	0.090	--	--	0.076
18:0	g	0.035	--	--	0.030

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>3.0 oz 85g</b>
Fatty acids, total monounsaturated	g	0.088	--	--	0.075
16:1 undifferentiated	g	0.015	--	--	0.013
18:1 undifferentiated	g	0.073	--	--	0.062
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.170	--	--	0.145
18:2 undifferentiated	g	0.033	--	--	0.028
18:3 undifferentiated	g	0.017	--	--	0.014
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.052	--	--	0.044
20:5 n-3 (EPA)	g	0.023	--	--	0.020
22:5 n-3 (DPA)	g	0.012	--	--	0.010
22:6 n-3 (DHA)	g	0.033	--	--	0.028
Cholesterol	mg	50	--	--	42
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0